

LET'S SEE



Let's see what happens
when we all really look.

Let's gaze at our hearts
instead of our bodies.

Let's notice our strengths
instead of our faults.

Let's recognize our struggles
along with our successes.

Let's appreciate our differences
along with our similarities.

Let's discover our Oneness
that is deeper than Otherness.

And let's acknowledge that
WE ALL NEED TO FEEL SEEN.

Let's see what happens
when we all really look.

Let's see what happens when we all really

LOVE... TODAY

HELLO, LOVELY!

You are invited to keep these glasses as a reminder to look at yourself and others through the LENS OF LOVE, to view the world with the deeper perspective that TRUE BEAUTY comes from BEING WHO WE REALLY ARE, and to recognize that our “looks” don’t actually have much to do with beauty at all!

PLEASE SHARE YOUR PICTURE AND EXPERIENCE



Join Facebook’s
Let’s See Love Today
Public Group

Follow on Instagram
and hashtag
#LetsSeeLoveToday



Seeing ourselves with love can be hard, especially when we’re struggling...

If you are in crisis,

- call Pathways Crisis Center @ 833-527-4747
- call Mobile Crisis Line @ 208-334-0808
- call or text Suicide & Crisis Lifeline @ 988 or chat online



To learn more about mental health education and action,



- explore the Speedy Foundation at mentallycovered.org
- get involved with Communities For Youth



Wellness is a practice, so cultivate new tools!



- Explore and develop skills in CBT (thoughts lead to feelings that lead to behaviors that lead back to thoughts) and DBT (two opposing things can be true at the same time, like accepting that you’re doing your best AND embracing change so that you can do better)

- Adopt the approach of Non-Violent Communication in your relations with others and yourself, focusing on respecting each individual’s universal feelings and needs



- Embrace the practice of self-compassion with these guided meditations, offering yourself the same non-judgmental acceptance and support that you would offer a cherished friend